

THINKING

**Understanding the benefits of positive thinking****What is positive thinking?**

It is an attitude that focuses on the bright side of life. Positive thinkers are more likely to achieve results. They are more likely to reach their goals. A positive person knows that they can work through problems.



A positive thought gives us energy, hope and makes us keep going. E.g. "I have a race coming up. I'll start running slowly and when I get tired I'll slow down a bit more, but I know I can finish."

The Touch Tournament

Tamati wanted to try out for the touch tournament. He didn't believe he was good enough and always felt that everyone else played better than he did. The night before the try-outs he tossed and turned all night, dreaming about how badly he might mess up. The next day he felt tired from the tossing and turning.

Kira also wanted to try out for the touch tournament. She wasn't the fastest runner but decided she would give it her best and see what happened. She believed she would get better with practice. The night before try-outs, she made sure that she had her sports gear packed ready to go. She went to bed a little earlier than usual and dreamed of scoring a winning try. She imagined the feeling of getting picked for the team.

Who do you think performed better at the tournament? Why?



How would you prefer to be?

- A. It's not surprising that more people would rather think positively. Remember how Kira imagined scoring a winning try? To help your thoughts stay positive, here's an idea to try:
1. Think about something you will be doing today.
 2. Picture yourself doing this well.
 3. Use positive words and say something to yourself like, "You got this!" or "You can do it, keep trying!"

Practice doing this regularly and see if you find yourself thinking more positively.

- B. Can you change Kira's thoughts to positive ones?

Kira	Thought
I'm not good enough	
Everyone is better than me	
I'll probably lose at this game	

Finally... remember that it is okay to have different feelings. But, we can do something about the thoughts we have.



This resource has been kindly reviewed by: **Anxiety**NZ
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